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Ag 4 Pro
Pg 5



How to choose and use *CARROTS*

Look for carrots that are—

1. Firm.
2. Clean.
3. Fresh in appearance.
4. Smooth.
5. Well-shaped.
6. Of good orange color.

*New carrots are on the market almost
the year round, and compete with
late stored carrots.*

*One pound of carrots
provides . . .*

5 half-cup servings, cooked.

*8 half-cup servings,
shredded raw.*

*Leafy, green, and yellow
vegetables are rich
in vitamin A.*

. . . . One or more servings daily of leafy, green, and yellow vegetables are recommended

STORE at room temperature or in the refrigerator.

USE RAW . for the most food value.
For salads, cut or shred just before serving.

COOK quickly in a small amount of boiling, salted water.

... young, whole carrots,
15 - 20 minutes.

... older, sliced carrots,
15 - 20 minutes.



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